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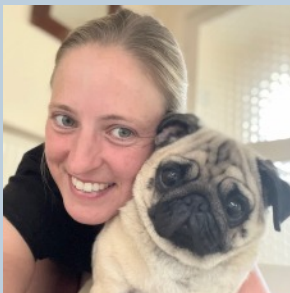
March 2025

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Monthly prize draw to support St Boniface



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Share your passion



Please give to St Boniface to maintain this beautiful church building

A magazine for the parishes of Bunbury and Tilstone Fearnall



St Boniface church is blessed with a wonderful group of volunteers who look after the building and run all its community activities and church services. However, there are financial costs to all we do and we need the support of our community.

You will find a couple of articles in this edition asking for your help. We understand that not everyone can help financially and we appreciate that you support us in many other ways. We are here to serve, and we are happy to always welcome all who enter the building or walk the graveyard grounds.



Follow Bunbury Church on Facebook

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You can also read The Link online at:
www.stbonifacebunbury.org

Community news

Congratulations to **Michaela and Dawid Bertrand** on the baptism of **Jamie Henry Damian** on 10 November 2024 at St Boniface church.



Congratulations to **Laura and Thomas Bruce** on the baptism of **Hannah Elizabeth** on 21 December 2024 at St Boniface church.



Congratulations to **Katey and Christopher Shenton** on the baptism of **Isaac James** on 12 January at St Boniface church.



Rev Tim will be leading a series of **reflections for Lent** based on Nick

Page's book: "A Badly Behaved Bible" at **St Boniface church** on **Wednesdays after the 10:00am Communion service** starting on 5 March. See page 12 for more details.

St Boniface church will soon be launching a "**100 Club**", a monthly prize draw, to fundraise in support of the work of the church. Look out for the launch date on the church's noticeboards and on our website.

On Sunday 11 May Bishop Mark will be leading a service for motorcyclists at **St Jude** and then leading a motorbike ride out. The service will be at 9:30am as usual. Bacon baps and refreshments will be served prior to the service. Donations will be collected in aid of St Jude's and North West Air Ambulance.

The congregation at St Jude's send best wishes to **Mr Ian Mullock** for a speedy recovery from his recent surgery and ongoing treatment; he is in our thoughts and prayers.

Party in the Garden at Tilstone Lodge in aid of St Jude church on Sunday 1 June from 2:00pm. By kind permission of Mr & Mrs E Reeves. Tickets will be available after Easter from Mrs Elizabeth Marren 01270 528556 or Mr Mike Lightfoot 01829732611 at £20 each, including a buffet lunch.

Memory Art Club takes place every Friday afternoon, in the Bunbury Village Hall, in a calm, welcoming space, where new friendships and painting skills are found. Offering support for families living with dementia at home. Refreshments are provided; the cost is £20 per session. To book please call Alison on 07596234666.

Bunbury WI meets on the second Thursday of the month at Bunbury Playing Fields Pavilion at 7:30pm. The speaker on 13 March is Kate Huet: "Use and Enjoyment of Herbs" and 10

A word from the editor

We have plans for a special combined Christian Aid Week and St Boniface fundraiser at the end of March: coffee morning, pre-loved vintage stall and a return to the popular plant sale we had last year. Please look out for posters on our noticeboards advertising the date soon.

April will be a social evening and quiz. We warmly welcome new members and guests. For further information contact Lynda Davies 01829 863781.

Bunbury Gardening Club. Our next meeting will be Tuesday 18 March 7:30pm at the Bunbury Village Hall. Our guest speaker is Iain Clarke who will talk about: "Building an Organic Dream".

New members are welcome to visit. For more information see the Bunbury Gardening Club Facebook page or contact Margaret Bourne on 01829 260944 or email:mjbourne249@tiscali.co.uk.

Bunbury Village Day will take place on Saturday 14 June. You can keep up to date with plans as they are announced on social media: Facebook, Instagram and X, or via the village website: www.bunburyvillage.info/village-day.



A FUN WAY TO SUPPORT

ST BONIFACE CHURCH

100 Club

3 PRIZES EACH MONTH OF UP TO £100
TO JOIN THE CLUB SIGN UP ON OUR WEBSITE BY 31 MARCH
(T&C APPLY)

£50 ANNUAL MEMBERSHIP FEE
(COVERS 12 MONTHLY DRAWS)
MEMBERS NEED TO BE 16 YEARS OR OVER

ANY QUESTIONS PLEASE CONTACT ASTRID.LOGAN@STBONIFACEBUNBURY.ORG

The copy deadline for the April issue is Friday 14 March. The magazine should be delivered from Saturday 29 March. Please send notices to parishlinkeditor@stbonifacebunbury.org



St. Boniface

Your parish church

A 700-year legacy of community and faith

At the heart of its community, St Boniface has served as a parish church and spiritual beacon for over seven centuries. With its origins tracing back to the 14th century and Sir Hugh Calveley (the giant Cheshire knight who takes pride of place in the chancel), this special building born out of a promise made to God has become a cornerstone of faith, culture, and communal life.

From the time of its founding, St Boniface has been more than just a place of worship; it has been a gathering point for national celebrations and local events that have shaped our community. Whether marking the triumphs of national holidays, such as Christmas and Easter, or commemorating the sombre reflections of Remembrance Sunday, St Boniface has provided a sacred space for collective memory and shared experience. Its very windows and walls tell the local story and impact of the war: sunlight now floods the sandstone pillars because of bombs (land mines) dropped in 1940.

Life events, too, have woven the story of St Boniface into the hearts and lives of its parishioners. Baptisms, weddings, and funerals have long been held within its hallowed walls, marking the important transitions of life with grace and love. Each ceremony is a testament to the church's enduring presence, providing comfort during times of grief, and joy during moments of celebration. Like the ancient Yew Tree in its grounds, the church stands as a witness to the cycles of life, offering support and shelter through its compassionate ministry. St Boniface is a hub of activity, hosting regular services, and groups that invite parishioners to deepen their spiritual and community lives. Its vibrant congregation reflects the diversity of its community, welcoming individuals from various backgrounds and walks of life. This inclusivity is a hallmark of St Boniface, fostering a spirit of acceptance and mutual support that extends beyond the church's walls.

St Boniface is also engaged in numerous outreach initiatives, charity events and community projects (such as the ALIVE group that meets every Tuesday in the Nags Head) demonstrating a commitment to living out the values of compassion and love that are central to its teachings. Through these efforts, St Boniface not only meets the physical needs of its community but also nurtures a sense of purpose and involvement among its volunteers.

As St Boniface continues to evolve in response to the changing needs of its community, we are grateful for any support you can give. I believe St Boniface stands as a testament to resilience, faith, and the enduring power of community. In a world that often feels fragmented, St Boniface serves as a reminder of the importance of gathering together, celebrating life's milestones, and supporting one another through both joy and sorrow. The legacy of St Boniface is not just a story of bricks and mortar; it is a living testament to the enduring spirit of community, faith, and love that has thrived for centuries and with your help will continue to flourish in the years to come.

Mike Ridley

*Member of the Bunbury
Parochial Church Council (BPCC)*

Have you ever wondered?



How much did it cost to run St Boniface and all its activities last year? The answer – around £185,000! And how did we balance the books? Sadly, our income from regular giving and, to a lesser extent, fundraising, legacies and other smaller sums didn't cover all our expenditure, leaving us with an ongoing deficit of several thousand pounds!

We have had to look very seriously at our plans for 2025 and not surprisingly, we have found a similar financial problem, with the likelihood of a worsening picture for the year.

It is important to remember that we receive no direct financial support from the national church, in fact, as with all parishes, we are also responsible for an annual payment to our diocese. We would therefore like to share our concerns for the future with our local community through this edition of the Link.

We do recognise from the outset the considerable support so many of our local residents (and not just regular church-goers) already provide to the church in so many different ways, and I'm sure that this reflects the importance we all attach to the church — whether we use it regularly, whether we only like to go to "special" services (the Carol Service, Remembrance Sunday etc.), or whether our visits are limited to christenings, weddings or funerals.

So, our challenge is: could we give some serious thought to how much we give to the church and whether it might be possible to increase our giving (one-off or regularly) in order to balance the books and to enable the church to continue its support for our local community in the many ways Rev. Tim describes in his column (on page 3) this month?

At recent meetings of our BPCC, a number of fundraising ideas were also considered, including letting out the church building for more external events, perhaps introducing a "100 Club", giving greater publicity to the Church Fete at Beeston Castle (where all the admission receipts are given to the church), and the possible introduction of an annual "Gift Day".

We are also exploring ways in which we can both save utilities costs and make the church "greener" by installing LED lighting and solar panels (hopefully funded significantly through grants).

At the moment St Boniface has sufficient money in reserve to enable us to cover our losses, but these will not last forever. So, can we ask you to think about those times

when you have been thankful that the church is there, even if it's for just once in the year to "congratulate the happy couple" or "say goodbye" to a treasured friend or relation.

If you would like to take part and help with the organisation of one of the fundraising events we are planning — quizzes, musical evenings, film nights, etc. (especially when our new kitchen facilities are up and running) — or perhaps sponsoring a particular event or activity, it would mean so much. Increasing your commitment to regular giving year-by-year, or even just popping into the church and using our contactless pay machine or our QR code to make a single donation would also be greatly appreciated.

We believe that as stewards of the church we should uphold the principles of generosity and fairness in the way we use the funds we receive and the services we provide to our community. We also aim to provide support and friendship to those in need, which is partly achieved through our fundraising initiatives. We also look to the future to draw more people into the life of the church through a greater use of our wonderful building.

We have a church for all the people of Bunbury and beyond: for people who try to follow the example of Jesus Christ; for people who would like to find a greater meaning for their lives; or people who just appreciate that the church is there when it is needed. The church itself needs people: to help with coffee mornings; to help with the cleaning or the flower arrangements; to help with our fundraising and so much more.

Could you help? If so, please let us know using the contact details on page 2 of any edition of the Link.

Thank you and God bless.

Our prayers

Dear Father,

Thank you for providing for all our needs in your timing.

Thank you for giving us faith to believe in your promises when we doubt.

Teach us to be more like you.

Teach us to love without counting the cost.

Teach us to give because we love.

Church diary for March

Sunday 2 March	8:00am BCP Communion 9:30am Morning Worship 10:30am Holy Communion and Forest Church	St Boniface St Jude St Boniface
Wednesday 5 March	10:00am BCP Communion followed by Lent reflection	St Boniface
Sunday 9 March	09:30am BCP Communion 10:30am Morning Worship 11:30 Holy Communion	St Jude St Boniface Calveley
Wednesday 12 March	10:00am BCP Communion followed by Lent reflection	St Boniface
Sunday 16 March	9:30am Holy Communion 10:30am Third Sunday Brunch 4:30pm Evensong	St Jude St Boniface St Boniface
Wednesday 19 March	10:00am BCP Communion followed by Lent reflection	St Boniface
Sunday 23 March	9:30am Morning Worship 10:30am Holy Communion	St Jude St Boniface
Wednesday 26 March	10:00am BCP Communion	St Boniface

New Church Electoral Roll: don't forget to enrol!

A new church Electoral Roll has to be prepared in 2025 in each parish up and down the land. We are therefore starting the process of drawing up a new Electoral Roll in Bunbury. If you consider St Boniface or Calveley Chapel your spiritual home, please consider joining our Electoral Roll. This will enable you to vote at our Annual Church Meeting. All you have to do is fill in an application form, copies of which are available in church and on our website: www.stbonifacebunbury.org/virtualoffice or click on "About Us" on the navigation bar on the website's home page. The completed form should be returned to church or Rev. Tim before 27 April. Please note that even if you were on a previous Electoral Roll, you need to register again this time round.

Soul Kitchen Chester

Back in 2015, a group of friends were feeling increasingly sad and frustrated walking past what seemed like an ever-growing number of people sleeping rough on the streets of Chester. They had started chatting to some of the people they walked past and desperately wanted to do more to help. Sick of walking by and feeling helpless, they set up some tables on the Hoole Way roundabout (aka the magic roundabout!) and each brought a dish of hot food to share with people who needed it. Word soon spread and before long they were drawing a regular crowd. More volunteers joined and more people came along for food — whatever the weather!

After a couple of years, the need for food and friendship greater than ever, and the opportunity to move indoors to Campbell Hall in Boughton came up. As well as an escape from the elements it came complete with a kitchen, toilets and a shower.

In 2022 Soul Kitchen became a registered charity. We continue to operate a drop in provision every Saturday evening at Campbell Hall where we provide hot food and drinks, clothing, showers and most importantly support and conversation.

We also run weekly cookery sessions, "Soul in a Bowl", in Chester and Ellesmere Port. These sessions are all about building self-esteem, learning budgeting skills, having fun and enjoying a communal meal whilst working towards obtaining the skills and self-confidence to look for employment and to become self sufficient in the kitchen.

For more information, check out the website: soulkitchenchester@org.uk



Bunbury School news



As part of our Religious Education (RE) curriculum, on 14 January we were delighted to welcome Imran to our school for a special Islam World Faith Day. This was a wonderful opportunity for our children to learn about what it means to be a Muslim, fostering respect, understanding, and curiosity about different faiths and cultures.

Throughout the day, Imran engaged the children with stories, discussions and interactive activities that helped bring the teachings and practices of Islam to life. The children explored key aspects of the faith, including daily prayers, the significance of the Qur'an, and the values of kindness, charity and community. They listened attentively, asked thoughtful questions, and demonstrated great respect for the learning experience.



In our largely non-diverse environment, opportunities like this are essential in broadening our children's understanding of the wider world. Teaching about different faiths encourages empathy, tolerance, and a sense of global citizenship, helping to build a more inclusive and harmonious society.

We are grateful to Imran for sharing his knowledge and experiences with us and look forward to further enriching learning opportunities that celebrate the diversity of world faiths.

Nic Badger
Principal

Bunbury Beavers, Cubs and Scouts

Did you know that the Co-op puts its profits back into local communities? As a Co-op customer you get to choose a cause that's close to your heart and they will get a share of a Local Community Fund.

25th SW Cheshire Bunbury & District Scout Group (aka Bunbury Beavers, Cubs and Scouts) has recently become one of the causes you can support with just a few clicks! If you are a Co-op Member, simply visit <https://membership.coop.co.uk/causes> where you can select the group. Alternatively, if you have the Co-op App on your smartphone then click on "Community" on the home page and choose the group there.

Activities at Bunbury Beavers, Cubs and Scouts, this term will include a night hike, navigation, drama, Chinese New Year, Mother's Day pressies, Church visit, battle and laser challenge, cowboy dinner and of course lots of fun and games!

Cubs (aged 8–10) and Scouts (aged 10.5–14) meet on Mondays evenings from 6.30–8:00pm and Beavers (aged 6–8) meet on Tuesday evenings from 6:00–7:00pm.

For more information message Group Scout Leader, Andrew Fairclough on 07976 363056

#Bunbury #Scouts #Fun #Skills #Challenges #Friends #Coop #Support #Community

Sky Notes for March

March is the eclipse month!

We have the rare opportunity of witnessing two eclipses in March: one of the Moon and one of the Sun.

An eclipse of the Moon is visible on 14 March, the night of Full Moon, but you will have to rise early to see it. It starts at 5:10am. For the next hour and a quarter, the shadow of the Earth covers more and more of the Moon. The shadow isn't completely dark, so you will still see the Moon, but it might appear coppery red in colour. The total phase of the eclipse begins at 6:26am, but unfortunately that is when the Moon is setting so we won't get to see it from Cheshire. Then, only a fortnight later, on 29 March, we can experience a partial eclipse of the Sun. This is when the Moon passes between the Earth and Sun, blocking a part of the Sun's rays from reaching Earth. It almost looks like someone has taken a bite out of it.

The event begins at 10:00am and ends around 12:00 noon. Maximum coverage is around 11am when about one-third of the Sun is covered.

A word about safety. You must never look directly at the Sun with unprotected eyes or, especially, with a telescope or binoculars. It might blind you permanently. Experts recommend observing a partial solar eclipse safely with special solar filter glasses that can be purchased from reputable astronomy equipment retailers.

Last chance to see Venus in the evening sky

Brilliant Venus has been dominating the evening sky since November. But this month it bows out as it draws rapidly towards the Sun. At the start of the month it sets just before 9:00pm. On 1 and 2 March it forms a pretty pairing



Venus and the Moon, February 2025. Photo: J. Shears

with the crescent Moon. On 1 March the very slender crescent Moon lies just to the lower left of Venus in the west at dusk. The following evening the Moon will be to the upper left of Venus.

A similar pairing occurred last month and I was able to capture the tableau with my smartphone as shown in the photo above. If you look carefully at the photo you will see that the "unlit" part of the Moon is actually visible. This is caused by Earthshine: sunlight light reflected from the Earth back onto the Moon. It is best seen a few days before or after New Moon when the crescent is small.

Other astronomical events

Jupiter is still bright all month, lying in Taurus, and setting around 1:30am. The Moon lies nearby on 5 and 6 March. Mars is in Gemini and sets around 4:30am. The Moon lies nearby on 8/9 March. Look out for its ruddy colour. Spring Equinox is on 20 March. British Summer Time (BST) starts on Sunday 30 March at 1:00am. Don't forget to put your clocks forward an hour!

Clear skies to all!

Bunbury Stargazer

 Supported by
Co-op Members



Bunbury Cubs (age 8-10) & Scouts (age 10.5-14)
Monday 6.30-8pm

Bunbury Beavers (age 6-8)
Tuesday 6-7pm

Contact 07976 363 056 for details

Bunbury Medical Practice

March news

Dispensary Request

When requesting repeat medication, it would be helpful if patients would tick the boxes to highlight the required medication. Patients can also use their repeat medication slip to highlight any medication which is no longer required; this reduces waste and unnecessary ordering.

Training Day – March 2025

The practice will be closed from 1:00pm on Wednesday 12 March 2025; it will reopen the following day at 8:00am. All Training Days for 2025 can be seen on our website.

Armed Forces Veterans

We wanted to remind our patients that in 2022, Bunbury Medical Practice was awarded a Certificate of Accreditation as an Armed Forces Veteran friendly GP practice. Being accredited by the Royal College of General Practitioners, means that we can better identify and treat veterans and refer them where appropriate to dedicated NHS services. Around 18,000 service personnel move back into civilian life every year and whilst most individuals have similar levels of health to the general population, a few thousand leave on

medical grounds, with the top reasons for medical discharge being for issues relating to back, knees, mental health and hearing. If you are a veteran, please let the surgery know and we will ensure that your patient record is updated.

National No Smoking Day 2025

Wednesday, 12 March 2025 is National No Smoking Day. We would like to remind our patients of the help which is available to them if they would like to quit smoking. The Cheshire Change Hub runs a Smoking Cessation service. The service is open to patients who live in Cheshire West or who are registered with a West Cheshire GP practice, such as Bunbury Medical Practice. Patients can self-refer by following the online link at www.cheshirechangehub.org, or by calling 0300 777 0033. Once a patient has registered their details, the smoking cessation practitioners will be able to discuss the best way to stop smoking and provide guidance through the range of options available to help you quit for good. The programme provides up to twelve weeks of free nicotine replacement therapies and unlimited behavioural support.

Love conquers all

One of our readers has shared this very personal reflection with us. We are very grateful and humbled that the Link team have been trusted with this piece.

My partner was diagnosed with vascular dementia. This type of dementia is caused by reduced blood supply to the brain which eventually kills brain cells. There are many types of dementia; the two that most people have heard of are vascular and Alzheimer's.

My partner's dementia worsened over the space of two years whilst I cared for her at home. Her ability to read or tell the time disappeared and she could not make simple decisions about what to eat or drink. I had to attend to her every need, and she could sleep up to fourteen hours a day. Every day was different; I could never tell what her mood would be and what she might refuse to do — and she asked the same questions again and again.

This was extremely wearing and frustrating, and it sapped my energy and patience; it led to a feeling of guilt. She was never violent, but sometimes she became angry.

It must be said that this was my partner's journey and other people's experiences of the same disease may be totally different.

This is what my partner's dementia taught me:

Life can turn upside down in the blink of an eye; I became very domesticated: cooking, cleaning, washing; I learned how to care for someone intimately (I could only do this for my partner); to be patient; to take the rough with the smooth; that it is possible to have a laugh in the worst circumstances; that neighbours and friends are a great support and that immediate family is paramount. Love is the greatest motivator.

If you know of someone in this position who is a carer, be kind, sympathetic, go out of your way to talk and socialise with them. This way they will know that they are not alone.

“Just one thing” for a healthier life

We have chosen to continue with this series of articles based on the popular podcast by the late Dr Michael Mosley as testament to his life's work and passion for educating and helping people, which is what we believe he would have wanted.



Swim

Maybe you already love swimming? But if not, this might persuade you to give it a try. A US study following 40,000 men aged 20–90 over an average of thirteen years found that the swimmers had significantly lower death rates than non-exercisers, and when compared to walkers and runners the swimmers were 50% less likely to die from all causes. A New Zealand study found that 20 minutes of swimming boosted brain function and shortened reaction times, and another found that three months of regular swimming specifically reduced the stiffness of blood vessels.

Cardiovascular disease (CV) is the main cause of death in most countries, and is really a disease of blood vessels which lose their elasticity (or stiffen) as we age. Elastic arteries help to absorb or cushion blood pressure changes as the heart beats, but as they stiffen more of the pressure changes are passed on to the brain and kidneys in particular, causing stress and damage. Swimming is resistance training (due to the water) and uses many muscle groups across the body, so is a good all-over workout. But it seems that the hydrostatic pressure of being immersed in water (and being horizontal) also means that there is much better blood flow to the brain compared to vertical, land-based exercise, which results in improved co-ordination and cognitive function. As swimming is non-weight-bearing it is very kind to joints and so helps arthritis too.

The UK has a decent network of Local Authority pools which means that most people can access one. The suggested ideal is three times per week, swimming continuously for 20–30 minutes each time.

So if you want to live longer, improve your brain function, and help your joints, this may well be the activity for you.

Cook Tomatoes

Tomatoes were brought to Europe from Central America sometime in the 16th century, and the first ones were yellow and cherry-sized, earning the name golden apples. When they first arrived it was widely

believed that they were poisonous, perhaps because of related plants such as nightshade. They are now one of the most popular fruits on the planet (fruits because they contain seeds) and are mostly red. The redness is caused by a compound called lycopene which is a potent anti-oxidant, meaning that it fights free radicals which can cause damage to body cells. Specifically, it protects against DNA damage in cells which cumulatively leads to increased risk of cancers. The prostate gland in particular is relatively deficient in nuclear DNA repair mechanisms, and so increased tomato consumption can be protective for prostate cancer. It is believed to have a similar effect in breast tissue, though more research is needed into this.

Drinking tomato juice before and after exercise sessions has been shown to lead to quicker recovery from exercise, and to lower the number of inflammatory markers in the blood post-exercise. A cupful of tomato juice a day for six weeks reduces the LDLs (low density lipoproteins) and increases the HDLs (high density lipoproteins) in the blood, which is desirable as HDLs take cholesterol to be broken down by the liver, whereas LDLs deposit it in the arteries, causing stiffening and increased CV disease (see above).

Lycopene can also help protect skin from sunburn, and make it look younger by increasing its pro-collagen content: 30mg lycopene per day for three weeks leads to increased blood lycopene levels, but a raw tomato salad only contains 5–10mg. However, cooking tomatoes hugely increases the availability of lycopene by breaking down the thick cell walls. Hence 100g of a cooked tomato sauce will contain 50mg of lycopene, and even tomato ketchup and pizza toppings contain high levels. Ideally, we should eat one portion of cooked tomatoes five times a week to have the lowered cholesterol and cancer-protective effects — so there's a good reason to grow your own this summer and make quantities of tomato sauce for freezing and using through the winter.

Liv Weller

Share your passion

This month Faye Holley shares her passion for pugs fostering for the Pug Dog Welfare & Rescue Association (PDWRA)

I've owned Pugs for 15 years and despite also owning other wonderful breeds (British Bulldog and Dogue de Bordeaux), deep down they'll always be my favourite. Their characterful faces and playful yet gentle nature just make me so happy!

A couple of years into owning my first pugs, I found out about a charity called the Pug Dog Welfare & Rescue Association. The charity is run entirely by volunteers and donations, and has been going for 52 years! I attended some of their local organised walks and events, each time meeting people I was really inspired and by, including the Chairman at the time, a wonderful lady I am still in touch with all these years later, and lots of other kind folks with plenty of tragic/beautiful pug tales to tell. It was wonderful to find those with the same passion for the breed, and each time I attended a group walk or fundraising event, I would meet someone with a foster pug they were caring for temporarily. I was so wowed by their dedication to helping pugs in need, I vowed that when I was able I would apply to foster myself.

My husband and I applied to foster in early 2024 and within days of being approved, we were asked to take on our first foster. The experience was harrowing yet heartwarming, as we realised the lengths volunteers had all been to, to ensure this little girl reached a safe and loving home.

Seeing a pug in her condition was extremely tough, particularly with our own pugs being brought up from being puppies in a loving household, she was blind, deaf and barely able to walk, but my goodness she was a love-bug and fit in with us so easily it was difficult to imagine how life was before she arrived! We fell head over heels in love and were completely heartbroken when she became so poorly, the kindest decision needed to be made for her and we had to say goodbye after just three short weeks.

This experience almost prevented us from doing it again, but shortly afterwards we had a call about another pug in need, and the reason for us doing this in the first place prevailed! In came the biggest, fattest, roly-poly pug I had ever laid eyes on — fortunately not an abuse case but a really sad case of his owner not being able to take care of him due to their own ill health. This little(!) guy was a whirlwind — so much fun, super easy going, and he stole the hearts of everybody in the village! We were

able to get him to a healthy weight and into more of an exercise regime, before assisting with getting him to his forever home — and yes, we were very tempted to let him stay!

However, seeing photos and receiving regular updates from his new 'mum', we couldn't be happier to have been involved with his journey, and feel privileged we were able to be part of it.

The charity is a completely voluntary network and I was amazed to hear the lengths volunteers go to, to help pugs in need, and also to get pugs to the right home. I read a story involving transporting a little old female from one end of the country to the other — purely kind hearted souls assisting her

with parts of the journey until she reached her new forever home, where she is now living her best life! I thought this was a wonderful story: UK Pug lovers unite!

I won't lie, fostering definitely has its ups and downs, I'm still so sad about our first little girl and the experience really affected us both for a long time afterwards, but the highs of being able to help, and being part of a supportive network of like minded pug-crazies, in my opinion makes it all worthwhile!

PDWRA are always looking for foster carers, or forever homes for pugs currently in foster. If you see me out and about, I'm always happy to chat pugs in general or about fostering — I'll be the one in the pug t-shirt...with the pug bag...and the pug scarf... perhaps with a pug or two!



A tribute to Phyllis Cowap

We shared the news of Phyllis' sad passing last month. Below is the eulogy given for her at her funeral

Phyllis Nancy Edge was born on 25 April 1924, some 100 years ago, to Frank and Mary. She had a brother, Les, and three sisters, Joyce, Florence and Grace. They lived at Thorny Fields, Ridley, and life was not easy. The school run was across the fields to Spurstow school in all weathers.

At 14 years old Phyllis had to cycle from Ridley to Peckforton Castle again in all weathers for her first job. She would ride down the castle hill with such glee — feet out, laughing. Ernest and Phyllis met whilst passing each other on their bikes to go to their respective jobs. Their wedding took place on the 8 December 1945 and they continued to live at Thorny Fields, even after Frank and Mary left.

John was born there. He recounted that they had to cross four fields from the gatekeeper's cottage to collect water if the well had run dry. The return journey with two pales full of water would be tortuous, especially if you slipped and spilt one, necessitating a second trip across the fields!

Phyllis and Ern were delighted when they moved into their new home in Church Row in Bunbury. It had running water, a bathroom and a Rayburn in the kitchen. Despite having no heating still, there was always a cosy and warm welcome for everyone with tea and cake. John was four at that time and a little later Rob was born, followed by Mary.

Phyllis loved caring for her "little chicks". For a few years, she also had Granny Cowap living with them. She was content to be a housewife, enjoying baking and sewing. She also loved doing word searches and would never leave one unfinished before going to bed. She loved going for day trips to Tywyn with Ern. She did bits of cleaning to help out friends from church but her mainstay was raising her children.

And this continued as she became a grandmother. She was delighted when her grandchildren came along — loved it when they came to stay, taking long walks over the fields and down to the brook. John regaled a time when his parents had taken a couple of the children to Ellesmere Lake for a walk. Phyllis began to walk out on a low hanging branch that went out into the lake. Everyone was telling her not to but she thought it was great fun — and the inevitable happened, she fell into the lake, making a soggy journey home and giving another tale to tell. She would grab hold of life and not let anything stop her.

When Ern died suddenly in 2009, Phyllis faced it with bravery and courage, with the help of family, and enjoyed her "mini breaks" with them. She loved her visits to John's farm, joining in the routines and having adventures, showing her support in any way she could. She'd return to her friend Sue, with big tales to tell — huge thanks go to Sue for all her support and the company she gave to Phyllis.

For Phyllis's 90th birthday, she returned to Peckforton Castle

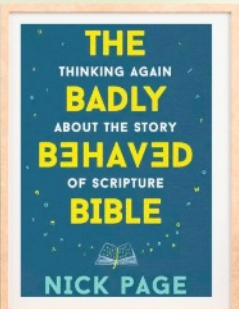


for a big party, which she thoroughly enjoyed. Phyllis was fiercely independent, the family had to softly introduce her to the carers when her health and mobility began to weaken. But in true Phyllis style, Michelle was soon loved and became like her own. Thanks go to Michelle for her care, to Nicky, her neighbour, who alerted the family to Phyllis's decline, and to several Church Row neighbours, who kept an eye on her. After several falls, it was decided by the hospital that she needed 24-hour care. She then went to Wrenbury nursing home, where she potted and helped out. She was reunited with her sister Flo there. Her 100th birthday was celebrated there. A massive thank you to all the staff for their care.

Phyllis's courage and kindness will be remembered by everyone. Her adage that she took from the parable of The Sower, that you win some and you lose some, will live on. And the fun will carry on in her name. She was everything to everybody — a wonderful wife, mum, nan, great nan, sister, auntie and friend & neighbour.

I will leave you with the words taken from a Mother's Day card given to Phyllis by Mary and Tracy, which sums up just what she meant to so many:


"For mum, you're like an angel, even though you don't have wings, for you bring such joy and happiness to so many different things. The happy days of childhood were the best ever known; they left such precious memories that are always mine to own. We'll never stop remembering your kindness and your care, and all the sweet and special times that we have often shared. You see, mum, all I'm saying is that all you've ever done has shown to me and everyone that you're a simply perfect mum & nana."
Phyllis you were loved and you will be sorely missed.



LENT SERIES

Nick Page's witty and wonderful book *The Badly Behaved Bible* will shape this year's Lent series. A series of 5 short reflections following the 10am Midweek Communion service at St Boniface.

- Wed 5th March - the men wrote the word
- Wed 12th March - a land of story
- Wed 19th March - the not so good book
- Wed 2nd April - the joy of doubt
- Wed 9th April - it ain't necessarily so



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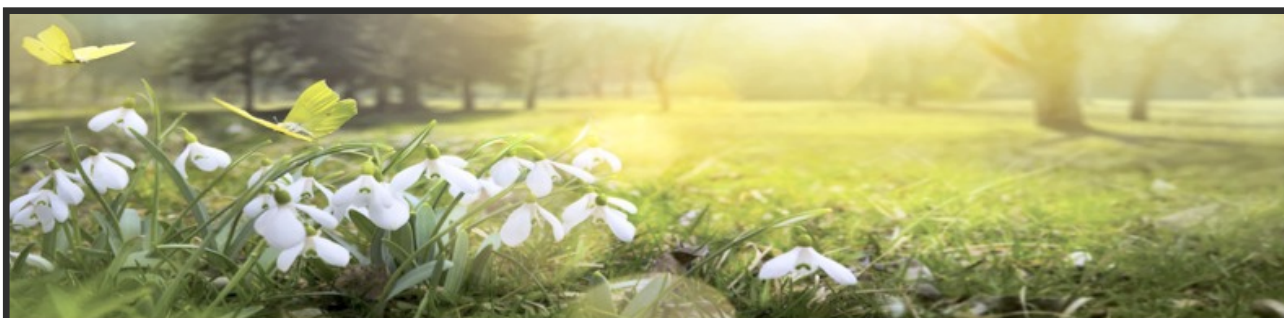
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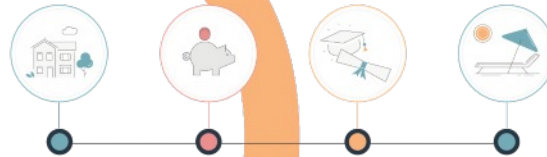
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